

So

That health is a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.

Psychosocial health is affected by a number of factors, some internal and others external.

External influences are those parts of our life experiences that we have little or no control over, for

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instance our family and where we grow up.

Internal factors associated with psychosocial health are equally as important as the external factors; however, they are harder to see as they are inside the person; however they are harder to see as they are internal factors such as self-concept, hereditary traits, physical health status, physical fitness level, hormonal functions, and mental, social, sexual, spiritual and emotional